



Sheri is a certified Usui Reiki practitioner. She has studied herbal healing, yoga and meditation. She is a skilled Wise Women. Sheri will combine these traditional healing methods into a harmonious, powerful yet peace filled experience. Reiki can help reduce stress, anxiety, ground you, clear chakras, unblock meridians, and help you to heal using your own energy.

Sheri believes healing the whole, body, mind and spirit is the way to bring good health and joy into your life. A Reiki session with Sheri may combine the traditional hands on healing of reiki, acupuncture, Keiko massage and help from her spirit guides. She loves to share this healing energy with anyone who is open to accepting the love and light. Come, relax, enjoy.